

## ABSTRAK

# PENGARUH LATIHAN *MASSSED PRACTICE* DAN *DISTRIBUTED PRACTICE* TERHADAP HASIL *OVERHEAD LOB* BULUTANGKIS PADA SISWA EKSTRAKURIKULER SMP NEGERI 9 KOTA TANGERANG SELATAN

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**Latar Belakang :** Berdasarkan pengamatan dan observasi *overhead lob* siswa ekstrakurikuler bulutangkis di SMP Negeri 9 Kota Tangerang Selatan mendapatkan hasil bahwa lebih dari 65% siswa ekstrakurikuler bulutangkis masih melakukan pukulan *overhead lob* yang kurang maksimal.

**Metodologi:** Penelitian ini menggunakan metode eksperimen dengan *Two group Pretest Posttest Design*. Penentuan sampel menggunakan teknik Purposive Sampling dengan rumus *Slovin*. Sampel pada penelitian ini berjumlah 28 siswa laki laki. Pengujian dalam penelitian ini menggunakan SPSS versi 26 dengan Teknik analisis uji normalitas, uji homogenitas, dan uji hipotesis menggunakan *uji paired sample t test* dan *uji independent sample t test*.

**Hasil Penelitian:** Berdasarkan hasil yang diperoleh dari analisis data menggunakan *uji paired sample t test* kemampuan *overhead lob* bulutangkis kelompok *massed practice* yaitu nilai signifikansi sebesar 0.000 dan kelompok *distributed practice* sebesar 0.000 hal ini menunjukkan bahwa Latihan *massed practice* dan *distributed practice* mempunyai pengaruh yang signifikan terhadap kemampuan hasil *overhead lob*. Selain itu, hasil yang diperoleh dari analisis menggunakan *uji independent sample t test* kemampuan *overhead lob* bulutangkis yaitu nilai signifikansi sebesar 0.001 maka terdapat perbedaan pengaruh yang signifikan antara kelompok *massed practice* dan kelompok *distributed practice*.

**Kesimpulan:** Berdasarkan hasil penelitian yang dilakukan terdapat pengaruh Latihan *massed practice* dan *distributed practice* terhadap hasil *overhead lob* bulutangkis pada siswa ekstrakurikuler bulutangkis SMP N 9 Kota Tangerang Selatan. Terdapat perbedaan pengaruh antara metode latihan *massed practice* dan latihan *distributed practice* dengan hasil Latihan *massed practice* lebih efisien dalam meningkatkan pukulan *overhead lob* dibandingkan latihan *distributed practice* berdasarkan hasil uji *paired sample t-test* dengan nilai T kelompok *massed practice*  $-15.854 > -7.279$  kelompok *distributed practice*.

**Kata Kunci:** *Bulutangkis, Massed Practice, Distributed practice, Overhead Lob*

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## ABSTRACT

# THE EFFECT OF MASSED PRACTICE AND DISTRIBUTED PRACTICE ON THE RESULTS OF OVERHEAD LOB BADMINTON IN STUDENTS EXTRACURRICULAR STATE MIDDLE SCHOOL 9 CITY SOUTH TANGERANG

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**Background:** Based on observations and overhead lob observations of badminton extracurricular students at SMP Negeri 9 South Tangerang City, the results were that more than 65% of badminton extracurricular students still hit overhead lobbs that were less than optimal.

**Methodology:** This research uses an experimental method with a Two group Pretest Posttest Design. The sample was determined using the Purposive Sampling technique with the Slovin formula. The sample in this study consisted of 28 male students. Testing in this research used SPSS version 26 with analysis techniques of normality test, homogeneity test, and hypothesis testing using paired sample t test and independent sample t test.

**Research Results:** Based on the results obtained from data analysis using the paired sample t test, the badminton overhead lob ability of the massed practice group is a significance value of 0.000 and the distributed practice group is 0.000. This shows that massed practice and distributed practice have a significant influence on the ability of overhead lob results. Apart from that, the results obtained from the analysis using the independent sample t test for badminton overhead lob ability are a significance value of 0.001, so there is a significant difference in influence between the massed practice group and the distributed practice group.

**Conclusion:** Based on the results of research conducted, there is an influence of massed practice and distributed practice on badminton overhead lob results. There is a difference in influence between massed practice and distributed practice training methods with the results that massed practice training is more efficient in improving overhead lob strokes compared to distributed practice training based on the results of the paired sample t-test with a T value for the massed practice group  $-15,854 > -7,279$  for the distributed practice group.

**Keywords:** *Badminton, Massed Practice, Distributed practice, Overhead Lob*

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